

PART THREE

Army Physical Readiness Training Activities

[Part Three Introduction Paragraph(s)]

Chapter 7

Calisthenic Drills

The term calisthenics originates from the Greek “kalos sthenos”, meaning beautiful strength. Calisthenics are precise exercise movements and postures that lay the foundation for shaping and developing your body to its fullest performance potential.

SECTION I - CALISTHENIC DRILLS

7-1. Calisthenic Drills are sets of exercises organized and numbered in a specific pattern. They require no equipment, are readily adaptable to large groups, and contribute to the improvement of strength, endurance and mobility. They also lay the groundwork for essential military motor skills such as IMT, climbing and combatives.

TRAINING AREA

7-2. Any dry, level area of adequate size is satisfactory for conduct of Calisthenic Drills.

CLASS SIZE AND FORMATION

7-3. For the most efficient instruction, the class should be limited in size to one platoon. Larger units up to a battalion can successfully perform these drills if properly taught and mastered at the small unit level. The extended rectangular formation is prescribed.

LEADERSHIP

7-4. A principal instructor is required to demonstrate and lead. The instructor must be familiar with the method of teaching these exercises, commands, counting cadence, cumulative count, formations, and utilization of assistant leaders. Soldiers should memorize the exercises by name and movement. After doing the exercises several times, soldiers should be able to complete the entire set with only enough pause between exercises for the instructor to indicate the next one by name. This continuous method of conducting calisthenics greatly intensifies the workload and conserves time. The exercises are always given in cadence after the soldier has learned to

execute them properly. Either the instructor or the entire group counts the cadence.

NECESSITY FOR PRECISION AND ACCURACY

7-5. Calisthenics lose much of their value unless performed exactly as prescribed. Considerable time and effort must be expended during the early stages to teach exercises properly to all soldiers. Much patience and time are required to attain a high level of skill in executing calisthenics.

STARTING DOSAGE AND PROGRESSION

7-6. Five repetitions for each exercise is generally appropriate while learning the exercises. Precision should never be compromised to quantity. Teach and practice exercises using a slow cadence until correct form in executing each exercise is achieved, then using a moderate cadence and progress in the number of repetitions performed. One repetition for each period of exercise is an approximate rate of increase. This rate is continued until 10 repetitions, with no rest between exercises, can be completed. Performance of exercises in timed sets may be cautiously employed with well-conditioned soldiers. Do not to sacrifice precision and avoid overtraining which may lead to unnecessary soreness or injury.

SECTION II - CALISTHENICS FOR PREPARATION AND RECOVERY

7-7. Calisthenic Drill 1 is an organized sequence of exercises that prepare and condition your body for a variety of body management competencies needed for successful performance of soldier skills. This drill should be performed at the beginning of each PRT session (using the slower cadences listed for each exercise) as preparation for other PRT activities. When performed continuously without rest in between exercises), in multiple sets and/or using the faster cadence listed for each exercise, Calisthenic Drills 1 and 2 are great conditioning activities for developing strength, endurance, and mobility. Never sacrifice precision of movement for increased numbers of repetitions or cadence speed.

SECTION III - CALISTHENIC DRILL 1

7-8. Calisthenic Drill 1 lays the foundation for improved body management. The exercises require movement in and out of a variety of positions while maintaining balance and stability with some body parts and demanding strength, endurance, and mobility from others. Calisthenic Drill 1 is performed in its entirety, then repeated if more repetitions are desired. As mentioned previously, start by using the slower cadences recommended for each exercise. Perform only five repetitions of each exercise until you are proficient and precise in their execution, then progress to ten repetitions. When precision and performance of ten repetitions is obtained, you can progress to Calisthenic Drill 2.

Calisthenic Drill 1; Exercise 1

The Bend and Reach

Purpose: This exercise develops the ability to squat and reach through the legs. It is a lead-up exercise for the forward roll. It also serves to prepare the spine and extremities for more vigorous movements. From a flexibility perspective, it takes the hips and spine through full flexion.

Starting Position: Straddle stance with arms overhead.

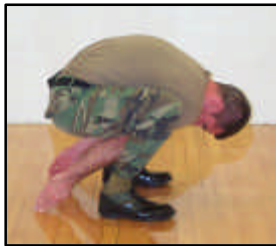
Cadence: Slow.

Count:

1. Squat with the heels flat as the spine rounds forward to allow the straight arms to reach as far as possible between the legs.
2. Return to the starting position.
3. Repeat count one.
4. Return to the starting position.



Starting Position



Count 1



Count 2



Count 3



Count 4

Check Points:

- ☐ From the starting position, ensure that soldiers have their hips set, their abdominals tight, and their arms as fully overhead as possible.
- ☐ The head flexes to allow the gaze to the rear. This brings the head in line with the bend of the trunk.
- ☐ The heels remain flat.
- ☐ On counts two and four, do not go past the starting position.

Precautions: To protect the spine, this exercise should be performed at a slow cadence. Move into the count one position in a slow, controlled manner. Do not bounce into and out of this position in a ballistic manner, as this may place an excessive load on the spine.

Calisthenic Drill 1; Exercise 2**The Rear Lunge and Reach**

Purpose: This exercise stimulates balance, opens up the hip and trunk on the side of the lunge and develops leg strength.

Starting Position: Regular stance with hands on hips.

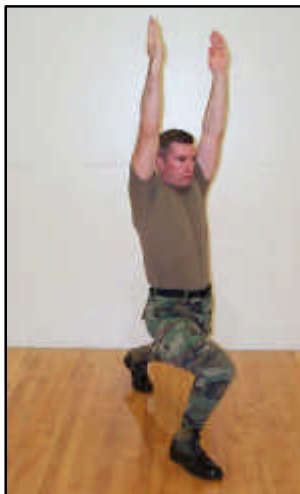
Cadence: Slow.

Count:

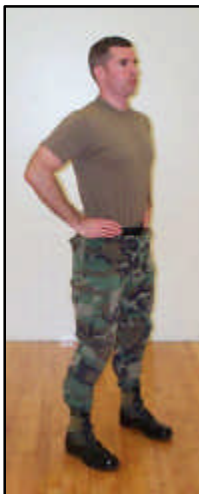
1. Take an exaggerated step backward with the left leg, touching down with the ball of the foot while raising both arms fully overhead.
2. Return to the starting position.
3. Repeat count one with the right leg.
4. Return to the starting position.



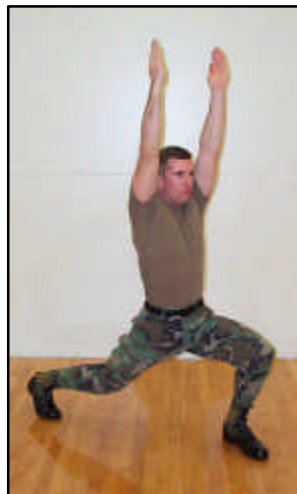
Starting Position



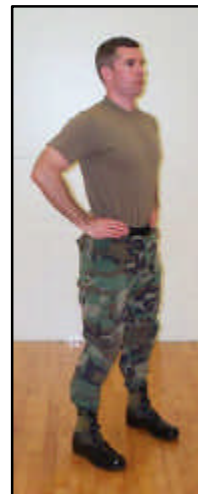
Count 1



Count 2



Count 3



Count 4

Check Points:

- ☐ Maintain straightness of the spine by keeping the abdominal muscles tight throughout the motion.
- ☐ Reach fully overhead with both arms. Arms should be shoulder width apart with palms facing one another with the fingers and thumb extended and joined.
- ☐ After the foot touches down, allow the body to continue to lower. This promotes a better opening of the hip and trunk.
- ☐ Keep the feet directed forward. On the lunge, take the leg straight to the rear, as if on a railroad track.

Precautions: On counts one and three, move into position in a slow, controlled manner. If the cadence is too fast, it will be difficult to go through a full range of motion.

Variation: Soldiers with upper extremity profiles may keep the hands on the hips.

Calisthenic Drill 1; Exercise 3

The High Jumper

Purpose: This exercise reinforces correct jumping and landing, stimulates balance and coordination, and develops explosive strength.

Starting Position: Feet shoulder distance apart with the hips and knees bent. The trunk is straight but leaning forward at about 45-degrees. The arms are straight and directed to the rear.

Cadence: Moderate.

Count:

1. Swing arms forward and jump a few inches.
2. Swing arms backward and jump a few inches.
3. Swing arms forward and vigorously overhead while jumping forcefully.
4. Repeat count two. On the last repetition, return to the starting position.



Starting Position



Count 1



Count 2



Count 3



Count 4

Check Points:

- ☐ At the starting position, the shoulders, the knees, and the balls of the feet should form a straight vertical line.
- ☐ On count three, the arms should be extended fully overhead. The trunk and legs should also be in line.
- ☐ On each landing, the feet should be directed forward and maintained at shoulder distance apart. The landing should be “soft” and proceed from balls of the feet to the heels. The vertical line from the shoulders through the knees to the balls of the feet should be demonstrated on each landing.

Precautions: Don’t exaggerate count three on the first few repetitions, gradually progress to higher jumps.

Calisthenic Drill 1; Exercise 4

The Rower

Purpose: This exercise improves the ability to move in and out of the supine position to a seated posture. It coordinates the action of the trunk and extremities while offering a strong challenge to the abdominal muscles.

Starting Position: Supine position, arms overhead, feet together and pointing upward. The chin is tucked and the head is 1-2 inches above the ground. Arms are shoulder width apart with palms facing with fingers and thumb extended and joined.

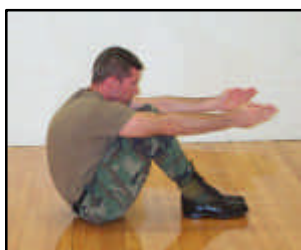
Cadence: Slow/Moderate.

Count:

1. Sit up while swinging arms forward and bending at the hip and knees. At the end of the motion, arms will be parallel to ground, palms facing inward.
2. Return to the starting position.
3. Repeat count one.
4. Return to the starting position.



Starting Position



Count 1



Count 2



Count 3



Count 4

Check Points:

- ☐ At the starting position, the low back must not be arched excessively off the ground. To prevent this, tighten the abdominal muscles to tilt the pelvis and low back toward the ground.
- ☐ At the end of count one, the feet are flat and pulled near the buttocks. The legs stay together throughout the exercise.

Precautions: Soldiers that arch their back during the rower risk trunk injury and should not do further repetitions.

Calisthenic Drill 1; Exercise 5

The Squat Bender

Purpose: This exercise reinforces proper lifting while developing strength of the back and lower extremities.

Starting Position: Straddle stance with hands on hips.

Cadence: Slow/Moderate.

Count:

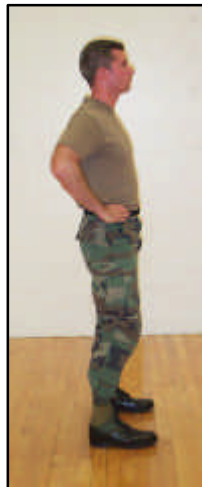
1. Squat while raising the arms to parallel with the ground, palms facing inward.
2. Return to the starting position.
3. Slightly bend the knees while bending forward at the waist and reaching toward the toes.
4. Return to the starting position.



Starting Position



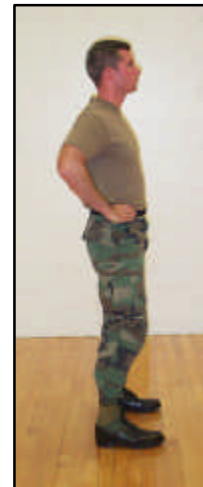
Count 1



Count 2



Count 3



Count 4

Check Points:

- ☐ At the end of count one, the shoulders, knees and balls of the feet should be aligned perpendicular to the ground. The heels remain on the ground and the back is straight.
- ☐ At the end of count three, the back is straight, the knees are slightly bent, and the head is in line with the trunk.

Precautions: Soldiers who round their backs do not receive the full benefit of this exercise and may be placing their spines at risk for injury. Allowing the knees to go beyond the toes on count one will increase stress to the knees.

Calisthenic Drill 1; Exercise 6**The Windmill**

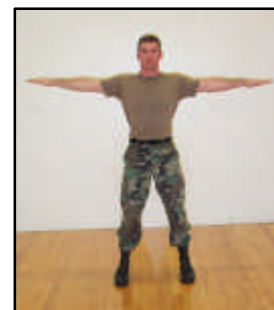
Purpose: This exercise develops the ability to safely bend and rotate the trunk. It challenges the muscles of the trunk, legs, and shoulder girdle.

Starting Position: Straddle stance with arms sideward, palms down.

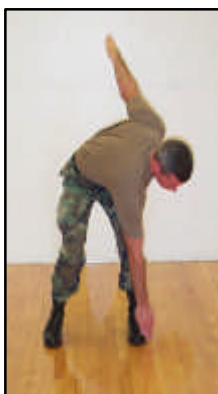
Cadence: Slow/Moderate.

Count:

1. Bend the hips and knees while rotating to the left. Reach toward the outside of the left foot with the right hand. The left arm is pulled rearward to maintain a straight line with the right.
2. Return to the starting position.
3. Repeat count one to the right.
4. Return to the starting position.



Starting Position



Count 1



Count 2



Count 3



Count 4

Check Points:

- ☐ From the starting position, feet are straight ahead, arms parallel to the ground, hips set, and abdominals tight.
- ☐ On counts one and three, ensure that the knees bend during the rotation. This will prevent the trunk from bearing all the stress of the exercise.
- ☐ Head and eyes are directed to the left foot on count one and the right foot on count three.

Precautions: Range of motion on counts one and three is determined by the individual's limitations.

Variation: Soldiers with upper extremity profiles may start with hands on hips and reach with the right arm only on count one and the left arm only on count three.

Calisthenic Drill 1; Exercise 7

The Forward Lunge and Reach

Purpose: This exercise stimulates balance and develops leg strength. The ability to lunge forward is an essential skill needed to perform many soldier tasks.

Starting Position: Regular stance with hands on hips.

Cadence: Slow/Moderate.

Count:

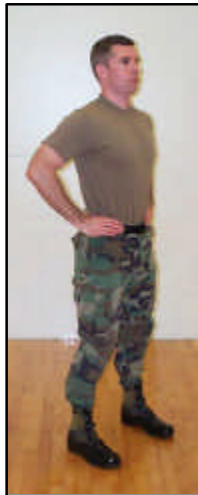
1. Take an exaggerated step forward with the left leg while raising both arms fully overhead. Allow the left knee to bend until the thigh is parallel to the ground.
2. Return to the starting position.
3. Repeat count one with the right leg.
4. Return to the starting position.



Starting Position



Count 1



Count 2



Count 3



Count 4

Check Points:

- ☐ Maintain straightness of the spine by keeping the abdominal muscles tight throughout the motion.
- ☐ Reach fully overhead with both arms.
- ☐ On the lunge, step straight forward, keep the feet directed forward. Viewed from the front, the feet are hip width apart both at the starting position and at the end of counts one and three.
- ☐ The rear knee may bend naturally but not touch the ground.
- ☐ The heel of the rear foot should be up.

Precautions: On counts one and three, move into position in a controlled manner. Spring off of the forward leg to return to the starting position. This avoids jerking the trunk to create momentum.

Variation: Soldiers with upper extremity profiles may keep the hands on hips.

Calisthenic Drill 1; Exercise 8**The Turn and Reach**

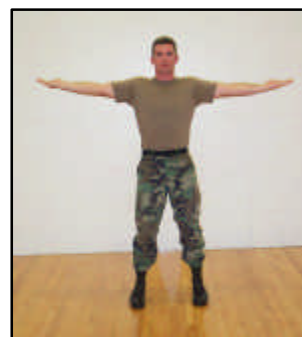
Purpose: This exercise develops controlled trunk rotation while increasing chest and shoulder range of motion.

Starting Position: Straddle stance with arms sideward, palms up.

Cadence: Slow

Count:

1. Rotate the trunk to the left to bring the arms in line from front to rear. The head and eyes remain directed forward.
2. Return to the starting position.
3. Repeat count one to the right.
4. Return to the starting position.



Starting Position



Count 1



Count 2



Count 3



Count 4

Check Points:

- ☐ Maintain straightness of the trunk throughout the motion.
- ☐ Keep the abdominal muscles tight throughout to prevent excessive rotation.
- ☐ Keep the feet directed forward with minimal hip and knee movement.

Precautions: If soldiers cannot reach the standard of counts one and three, rotate to their individual limitations.

Calisthenic Drill 1; Exercise 9

The Squat Thrust

Purpose: This exercise develops efficient movement to and from the ground. It promotes stability of the trunk and shoulder girdle, and range of motion of the hips and knees.

Starting Position: Position of attention.

Cadence: Slow/Moderate.

Count:

1. Squat and place the hands on the ground, shoulder width apart.
2. Thrust legs backward to a front leaning rest position.
3. Return to position one.
4. Return to the starting position.



Starting Position



Count 1



Count 2



Count 3



Count 4

Check Points:

- ☐ The heels are together and raised on counts one and three.
- ☐ The hands are in line with the shoulders with fingers spread (middle finger pointed straight ahead) on counts one and three.
- ☐ On count two, the abdominal muscles must be kept tight to maintain straightness from head to heels.

Precautions: Soldiers with knee limitations may squat to their comfort zone. Do not allow the trunk to sag on count two.

Variation: Soldiers that cannot prevent the trunk from sagging on count two may quickly step in and out of the front leaning rest position (counts two and three, leading with the left leg).

Calisthenic Drill 1; Exercise 10**The Squat Stepper**

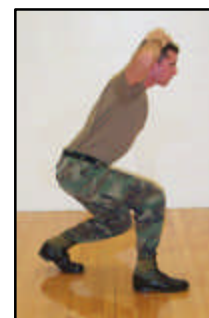
Purpose: This exercise develops functional strength of the legs, especially the hips and hamstrings. It is a lead up to the Squat Jumper in Calisthenic Drill 2.

Starting Position: Crouch in a staggered stance with left foot to the rear with heel up. The right leg bears most of the body weight with the foot flat. Bend slightly forward at the hips, keeping the trunk straight. The hands are interlaced on top of the head, with the elbows pulled to the rear.

Cadence: Slow/Moderate.

Count:

1. Rise out of the crouch, stepping forward with the left foot to the regular stance.
2. Return to crouch with the right foot to the rear.
3. Repeat count one with the right leg.
4. Return to the starting position.



Starting Position



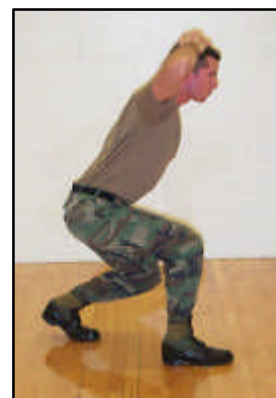
Count 1



Count 2



Count 3



Count 4

Check Points:

- ☐ Maintain straightness of the trunk throughout the motion.
- ☐ In the crouch, align the shoulders with the knee and ball of the foot of the forward leg.
- ☐ Keep the feet directed forward and elbows behind the ears.

Precautions: Soldiers should assume the crouch positions within individual limitations.

Variation: Soldiers with upper extremity profiles may perform the exercise with hands on hips.

Calisthenic Drill 1; Exercise 11

The Bent-Leg Body Twist

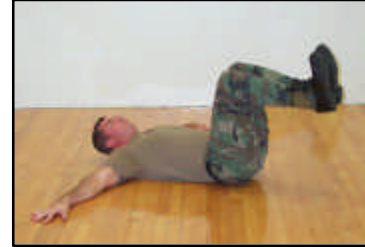
Purpose: This exercise strengthens trunk muscles and promotes control of trunk rotation.

Starting Position: Supine with the hips and knees bent to 90-degrees. Arms are at shoulder level with elbows straight and palms down with fingers spread. Legs and feet are together.

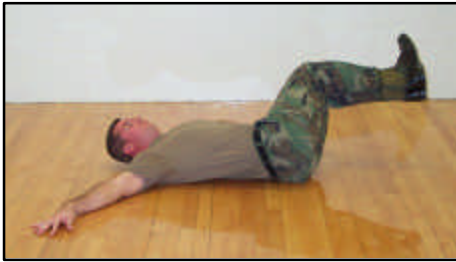
Cadence: Slow.

Count:

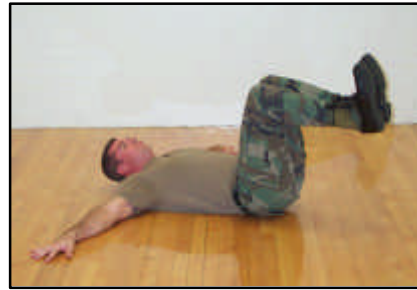
1. Rotate the legs to the left while keeping the upper back and arms in place.
2. Return to the starting position.
3. Repeat count one to the right.
4. Return to the starting position.



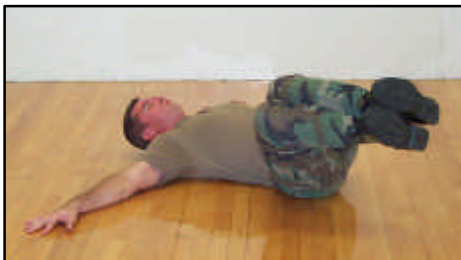
Starting Position



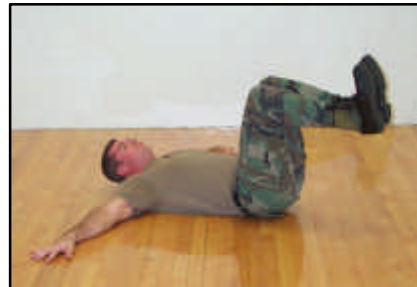
Count 1



Count 2



Count 3



Count 4

Check Points:

- ☐ Tighten abdominal muscles in the starting position. Maintain this contraction throughout the exercise.
- ☐ The head should be 1-2 inches off the ground with the chin slightly tucked.
- ☐ Ensure that the hips and knees maintain their 90-degree angles.
- ☐ Attempt to rotate the legs to about 8-10 inches off the ground.
- ☐ The opposite shoulder must not rise off of the ground.

Precautions: Soldiers should not rotate the legs to a point beyond which they can no longer maintain an abdominal contraction.

Calisthenic Drill 1; Exercise 12**The Push-Up**

Purpose: This exercise strengthens muscles of the chest, shoulders, arms, and trunk. When proper trunk position is maintained, it develops trunk stability.

Starting Position: Perform a squat thrust to move into the front leaning rest, maintaining the body straight from head to heels. Body weight is supported on the hands and balls of the feet.

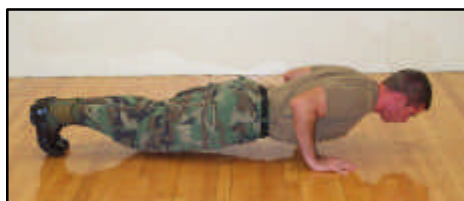
Cadence: Moderate.

Count:

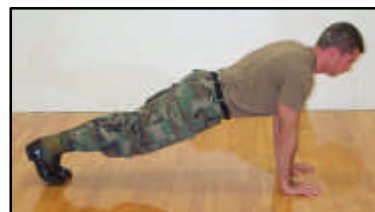
1. Bend the elbows, lowering the body until the upper arms are parallel with the ground.
2. Return to the starting position.
3. Repeat count one.
4. Return to the starting position.



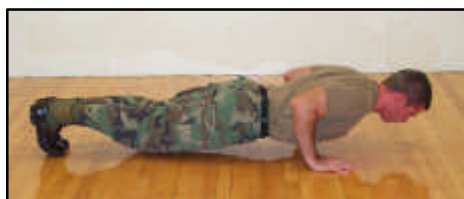
Starting Position



Count 1



Count 2



Count 3



Count 4

Check Points:

- ☐ The hands are in line with the shoulders with fingers spread (middle fingers point straight ahead).
- ☐ On counts one and three the upper arms stay close to the trunk, elbows pointing rearward.
- ☐ On counts two and four the elbows straighten but do not lock.
- ☐ The trunk must not sag. To prevent this, tighten the abdominal muscles while in the starting position and maintain this contraction throughout the exercise.

Precautions: Soldiers should cease repetitions or go to their knees when the trunk begins to sag or counts two and four involve jerking movements.

Variations: Soldiers may perform the push-up from their fists if wrist discomfort is an issue. When no longer able to execute the push-up with proper form, soldiers may drop to their knees for the second and fourth counts. They must still maintain a straight line from head to knees.

SECTION IV - CALISTHENIC DRILL 2

7-9. Calisthenic Drill 2 is a sequence of more advanced exercises that challenge your body beyond the demands of Calisthenic Drill 1. Perform this drill in the same manner as calisthenic Drill 1, starting with five repetitions at the slower cadences and progress to ten repetitions. This drill may be performed in multiple sets or to time.

Calisthenic Drill 2; Exercise 1**The Woodchopper**

Purpose: This exercise coordinates the extremities and trunk in a dynamic movement that simulates chopping. It reinforces proper trunk position while reaching overhead and to the ground.

Starting Position: Straddle stance, arms overhead, hands joined, fingers interlaced.

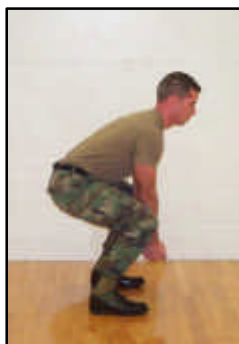
Cadence: Moderate

Count:

1. Squat with the heels flat while lowering the arms between the knees.
2. Move through the starting position to rise onto the balls of the feet.
3. Repeat count one.
4. Move through the starting position to rise onto the balls of the feet. On the last repetition, halt at the starting position.



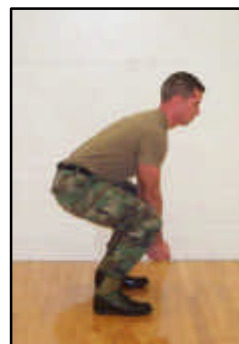
Starting Position



Count 1



Count 2



Count 3



Count 4

Check Points:

- ☐ From the starting position, ensure that soldiers have their hips set, their abdominals tight, and their arms as fully overhead as possible.
- ☐ On counts one and three, the shoulders, knees, and balls of the feet should be aligned.
- ☐ On counts one and three, the trunk remains straight though tilted forward.
- ☐ On counts one and three, the heels remain on the ground.
- ☐ On counts two and four, the trunk does not arch backwards.

Precautions: Do not allow the back to round on counts one and three, as this may excessively load the spine when executing at a moderate cadence.

Calisthenic Drill 2; Exercise 2

The Side Lunge and Reach

Purpose: This exercise develops balance, flexibility, and leg strength.

Starting Position: Regular stance, hands on hips.

Cadence: Moderate.

Count:

1. Lunge to the left as the right arm moves overhead to come in line with the right leg and trunk, palm facing inward.
2. Return to the starting position.
3. Repeat count one to the right.
4. Repeat count two.



Starting Position



Count 1



Count 2



Count 3



Count 4

Check Points:

- ☐ On counts one and three, the left/right foot is pointed in the direction of the lunge.
- ☐ On counts one and three, the right/left arm should be extended fully and aligned with the trunk and right/left leg.
- ☐ On counts one and three, the left/right knee should be vertically aligned with the foot.
- ☐ On counts two and four, return to the starting position by vigorously pushing off with the left/right leg, not by jerking the trunk.

Precautions: Do not allow the knee of the lunging leg to pass beyond the toes. Do not jerk the trunk to return to the starting position.

Calisthenic Drill 2; Exercise 3**The Double High Jumper**

Purpose: This exercise reinforces correct jumping and landing form, stimulates balance and coordination, and develops explosive strength.

Starting Position: Feet shoulder distance apart with the hips and knees bent. The trunk is straight but leaning forward at about 45-degrees. The arms are straight and directed to the rear.

Cadence: Moderate.

Count:

1. Swing arms forward and vigorously overhead while jumping forcefully.
2. Swing arms backward and jump a few inches.
3. Swing arms forward and vigorously overhead while jumping forcefully.
4. Repeat count two. On the last repetition, halt at the starting position.



Starting Position



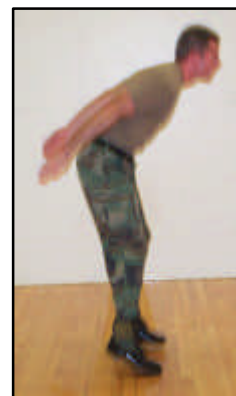
Count 1



Count 2



Count 3



Count 4

Check Points:

- ☐ At the starting position, a straight vertical line should be formed by the shoulders, the knees, and the balls of the feet.
- ☐ On counts one and three, the arms should be extended fully overhead. The trunk and legs are in line.
- ☐ On each landing, the feet are directed forward and maintained at shoulder distance apart. The landing should be “soft” and proceed from the balls of the feet to the heels. The vertical line from the shoulders through the knees to the balls of the feet should be demonstrated on each landing.

Precautions: Don't exaggerate counts one and three on the first few repetitions, gradually progress to higher jumps.

Calisthenic Drill 2; Exercise 4

The V-Up

Purpose: This exercise develops the abdominal and hip flexor muscles while stimulating balance.

Starting Position: Supine, arms on ground 45-degrees to the side, palms down with fingers spread. The chin is tucked and the head is 1-2" off the ground.

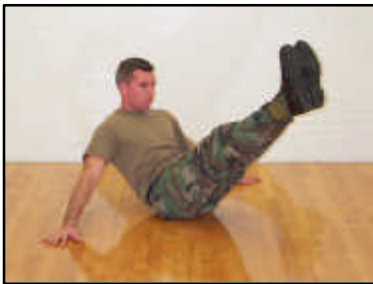
Cadence: Moderate.

Count:

1. Raise straight legs and trunk to form a V-position, using arms as needed.
2. Return to the starting position.
3. Repeat count one.
4. Return to the starting position.



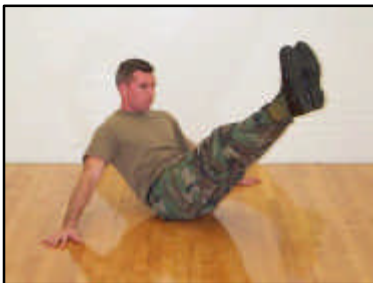
Starting Position



Count 1



Count 2



Count 3



Count 4

Check Points:

- ☐ At the starting position, tighten the abdominal muscles to tilt the pelvis and the lower back toward the ground.
- ☐ On counts one and three, the knees and trunk are straight with the head in line with the trunk.

Precautions: To protect the spine, do not jerk the legs and trunk to rise to the V-position.

Variation: Soldiers having difficulty with this exercise may bring the knees toward the chest on counts one and three.

Calisthenic Drill 2; Exercise 5**The Mountain Climber**

Purpose: This exercise develops stability of the trunk and shoulder girdle. It coordinates upper body stability with lower body mobility. It also develops efficient movement to and from the ground when one leg is restricted.

Starting Position: Perform a squat thrust to reach the front leaning rest position. Bring left foot forward, moving left knee toward chest.

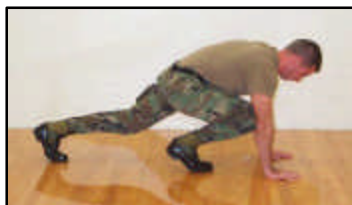
Cadence: Moderate.

Count:

1. Spring the lower extremities off the ground and exchange foot placement.
2. Return to the starting position.
3. Repeat count one.
4. Return to the starting position.



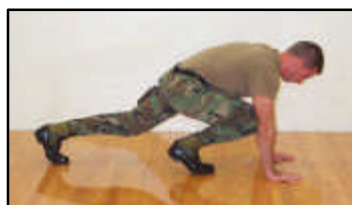
Starting Position



Count 1



Count 2



Count 3



Count 4

Check Points:

- ☐ At the starting position, the hands are directly below the shoulders with fingers spread and the middle finger directed straight forward.
- ☐ At the starting position and throughout the exercise, the knees remain between the arms.
- ☐ At the starting position and throughout the exercise, foot placement is determined by individual capabilities.
- ☐ Throughout the exercise, the legs move straight forward and back, not at angles.
- ☐ Throughout the exercise, remain on the balls of the feet.
- ☐ Throughout the exercise, the back remains straight, the abdominals tight, and the trunk and hips remain stationary as legs change positions.

Precautions: Soldiers with knee limitations should bear more of their body weight through the arms. Do not exceed comfortable ranges of motion. Avoid excessive springing upward with each count.

Calisthenic Drill 2; Exercise 6

The Prone Row

Purpose: This exercise develops strength of the back and shoulders.

Starting Position: Prone position with the arms overhead, palms face down, 1-2 inches off the ground.

Cadence: Moderate.

Count:

1. Raise the head and chest slightly while lifting the arms and pulling them rearward. Hands make fists as they move toward shoulders.
2. Return to the starting position.
3. Repeat count one.
4. Return to the starting position.



Starting Position



Count 1



Count 2



Count 3



Count 4

Check Points:

- ☐ At the starting position, the hips are set and the abdominal muscles are tight.
- ☐ On counts one and three, the forearms are parallel to the ground and higher than the trunk.
- ☐ On counts one and three, the head is raised to look forward but not skyward.
- ☐ Throughout the exercise, the legs and toes remain in contact with the ground.

Precautions: Prevent overarching of the back by maintaining contractions of the abdominal and hip muscles throughout the exercise.

Calisthenic Drill 2; Exercise 7

The One-Leg Push-Up

Purpose: This exercise strengthens muscles of the chest, shoulders, arms, and trunk. Raising one leg while maintaining proper trunk position makes this an excellent trunk stabilizing exercise.

Starting Position: Front leaning rest position.

Cadence: Moderate.

Count:

1. Bend the elbows, lowering the body until the upper arms are parallel with the ground while raising the left foot until 8-12 inches off the ground.
2. Return to the starting position.
3. Repeat count one, bringing the right leg to 8-12 inches off the ground.
4. Return to the starting position.



Starting Position



Count 1



Count 2



Count 3



Count 4

Check Points:

- ☐ Perform a squat thrust to move into the front leaning rest, maintaining the body straight from head to heels. Body weight is supported on the hands and balls of the feet.
- ☐ The fingers should be extended and spread so that the middle fingers point straight ahead and are directly in line with the shoulders.
- ☐ On counts one and three the upper arms stay close to the trunk.
- ☐ On counts two and four, the elbows straighten but do not lock.
- ☐ On counts one and three, the raised leg is straight and aligned with the trunk.
- ☐ The trunk must not sag. To prevent this, tighten the abdominal muscles while in the starting position and maintain this contraction throughout the exercise.

Precautions: Do not jerk the leg to be raised past straight alignment with the trunk, as this may place undue stress on the spine.

Variation: Soldiers may perform the push-up from their fists if wrist discomfort is an issue.

Calisthenic Drill 2; Exercise 8**The Diagonal Lunge and Bend**

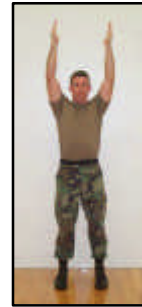
Purpose: This exercise develops balance, flexibility, and leg strength. The diagonal direction of the lunge promotes better control of lateral movements.

Starting Position: Regular stance, arms straight overhead, fingers and thumbs extended and joined, palms facing inward.

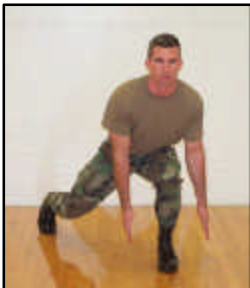
Cadence: Moderate.

Count:

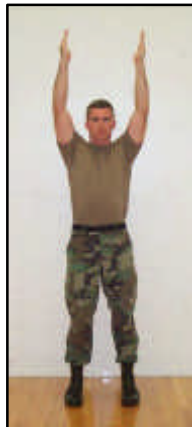
1. Lunge at a 45-degree angle to left as the trunk bends forward and the arms are lowered to either side of the left lower leg.
2. Return to the starting position.
3. Repeat count one to the right.
4. Return to the starting position.



Starting Position



Count 1



Count 2



Count 3



Count 4

Check Points:

- ❑ On counts one and three, the left/right foot is pointed directly forward.
- ❑ On counts one and three, the trunk remains straight though bent forward from the hips.
- ❑ On counts one and three, the left/right knee should be vertically aligned with the foot.
- ❑ On counts one and three, the arms remain straight.
- ❑ On counts two and four, return to the starting position by vigorously pushing off with the left/right leg, not by jerking the trunk.

Precautions: Do not allow the knee of the lunging leg to pass beyond the toes. Do not jerk the trunk to return to the starting position.

Variation: Soldiers with upper extremity profiles may leave their hands on hips throughout the exercise. Soldiers with profiles restricting bending and twisting of the trunk may perform this exercise with the hands on hips throughout, while maintaining a straight trunk.

Calisthenic Drill 2; Exercise 9**The Leaning Rest Rotation**

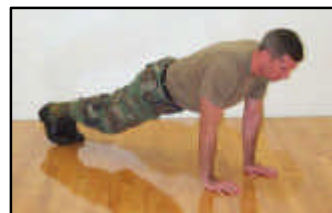
Purpose: This exercise promotes stabilization of the shoulders and trunk during rotation.

Starting Position: Front leaning rest position.

Cadence: Slow.

Count:

1. Rotate the trunk to the left, reaching upward with left arm, palm outward.
2. Return to the starting position.
3. Repeat count one, rotating to the right, reaching with the right arm.
4. Return to the starting position.



Starting Position



Count 1



Count 2



Count 3



Count 4

Check Points:

- ☐ Perform a squat thrust to move into the front leaning rest, maintaining the body straight from head to heels. Body weight is supported on the hands and balls of the feet.
- ☐ The fingers should be extended and spread so that the middle fingers point straight ahead and are directly in line with the shoulders.
- ☐ On counts one and three the arms are aligned vertically and perpendicular to the ground.
- ☐ Maintain the foot position of the front leaning rest throughout the exercise.
- ☐ The trunk must not sag. To prevent this, tighten the abdominal muscles while in the starting position and maintain this contraction throughout the exercise.

Precautions: Always perform this exercise to a slow cadence; pausing briefly on counts one and three, emphasizing proper body alignment.

Calisthenic Drill 2; Exercise 10

The Squat Jumper

Purpose: This exercise stimulates balance and develops explosive strength of the legs.

Starting Position: Staggered crouch with the left leg back, fingers interlaced on top of head.

Cadence: Moderate.

Count:

1. Jump and switch legs in mid-air to land with the right leg back.
2. Jump and switch legs in mid-air to return to the starting position.
3. Repeat count one.
4. Repeat count two.



Starting Position



Count 1



Count 2



Count 3



Count 4

Check Points:

- ☐ At the starting position and on each landing, the forward thigh is parallel to the ground, the heel is down, and the knee is aligned vertically with the ball of the foot.
- ☐ At the starting position and on each landing, the feet are oriented to the front.
- ☐ At the starting position and on each landing, the trunk is straight but tilted slightly forward.
- ☐ On each landing, the balls of the feet touch first. The heel of the forward foot touches down after the ball of the foot. The heel of the rearward foot does not touch down.

Precautions: Do not allow the knee of the forward leg to pass beyond the toes. Do not jerk the trunk to return to gain height for the jump.

Variation: Soldiers restricted from jumping should perform the squat stepper.

Calisthenic Drill 2; Exercise 11**The Leg Tuck and Twist**

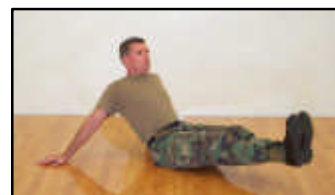
Purpose: This exercise develops trunk strength and mobility while stimulating balance.

Starting Position: Seated with trunk straight but leaning backward 45-degrees, arms straight, and hands on ground 45-degrees to the rear, palms down with fingers spread. Legs are straight, extended to the front and 8-12 inches off the ground.

Cadence: Moderate.

Count:

1. Raise legs and draw the knees toward the left shoulder.
2. Return to the starting position.
3. Repeat count one in the opposite direction.
4. Return to the starting position.



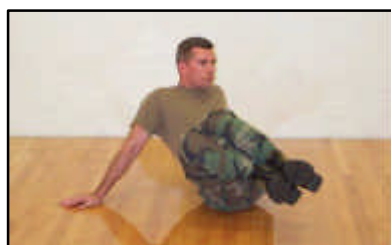
Starting Position



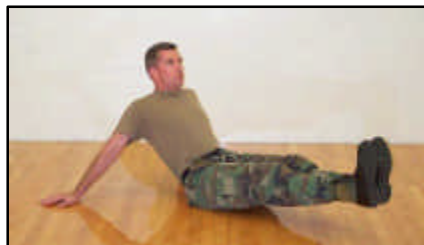
Count 1



Count 2



Count 3



Count 4

Check Points:

- ☐ At the starting position, tighten the abdominals to stabilize the trunk.
- ☐ On all counts, the legs and knees stay together.
- ☐ On counts one and three, the head and trunk remain still as the legs move.
- ☐ On counts one and three, the legs are tucked (bent) and aligned diagonal to the trunk.

Precautions: To protect the spine on counts one and three, do not jerk the legs and trunk to achieve the end position.

Calisthenic Drill 2; Exercise 12

The 8-Count Push-Up

Purpose: This exercise combines the functional movements of the squat thrust and push-up to develop total body strength, mobility, and endurance.

Starting Position: Attention.

Cadence: Moderate.

Count:

1. Squat and place the hands on the ground, shoulder width apart.
2. Thrust legs backward to a front leaning rest position.
3. Bend the elbows, lowering the body until the upper arms are parallel with the ground.
4. Return to the front leaning rest position.
5. Repeat count three.
6. Repeat count four.
7. Return to the squat position of count one.
8. Return to the starting position.



Starting Position



Count 1



Count 2



Count 3



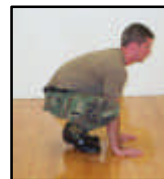
Count 4



Count 5



Count 6



Count 7



Count 8

Check Points:

- ☐ On counts one through seven, the hands are directly below the shoulders with fingers spread and the middle finger directed straight forward.
- ☐ The heels are together and raised on counts one and seven.
- ☐ On counts four and six, the elbows straighten but do not lock.
- ☐ The trunk must not sag. To prevent this, tighten the abdominal muscles while in the starting position and maintain this contraction throughout the exercise.

Precautions: Allowing the trunk to sag, especially on count two, may place excessive strain on the spine. Avoid this by maintaining a strong abdominal contraction throughout the exercise.

Variations: If a soldier is unable to keep pace with the cadence, he may perform only one of the push-up movements or sustain the front leaning rest position throughout counts three through six.